

# RULES FOR NAVY'S CIVILIAN CRUISE

Battleships Will Be Used In  
Summer Training.

COURSE TO BE FOUR WEEKS

Those Enlisting For Trip Will Have  
to Pay Traveling Expenses to Sea-  
board and Deposit \$30—Starting  
Points Will Be at Coast Cities—En-  
rollments Close June 1.

Washington.—The navy's civilian  
cruise, which is expected to do for the  
navy what the Plattsburg training  
camp did for the army, will begin Aug.  
15 and last until Sept. 12, according to  
an announcement made by Secretary  
Daniels' department.

Battleships of the Atlantic reserve  
fleet will be used for the cruise, it is  
stated, and the starting points will be  
Boston, Newport, New York, Philadel-  
phia, Norfolk and possibly Charleston.  
Civilians enlisting for the cruise will  
have to pay their traveling expenses to  
the seaboard and return and also a  
deposit of \$30 to cover the expenses  
of the cruise.

The detailed regulations issued by  
the department, which will govern the  
cruise, have been tentatively adopted  
and in part follows:

"Recruits for the cruise to be citi-  
zens of the United States between the  
ages of nineteen and forty-five, and  
must be able to pass a prescribed physi-  
cal examination. They must be able  
to demonstrate to the recruiting officer  
that they possess some nautical knowl-



Photo by American Press Association.  
SECRETARY DANIELS.

edge or have had some technical train-  
ing which would fit them for service  
in the navy.

"The applicants who qualify will be  
required to sign an application blank  
for enrollment. In this application the  
recruit obligates himself to hold him-  
self during the cruise subject to the  
navy regulations, obey all authorized  
orders and perform such work on board  
ship as regularly assigned.

"The objects of the training cruise  
are to help equip properly equipped  
men to act as reserves in time of war  
or national emergency by giving them  
a course of training on board warships  
under naval officers and naval condi-  
tions.

"The total expenses of the cruise,  
outside of the cost of transportation to  
the point of embarkation and for return-  
ing home, will be about \$30. Upon re-  
porting on board the ship to which as-  
signed each recruit will deposit \$30,  
which will cover the cost of his sub-  
sistence and the necessary clothing out-  
fit. Should the actual cost of sub-  
sistence and clothing be less than this  
amount the difference will be refunded.

"Upon reporting on board the civilian  
clothing of recruits will be turned over  
for storage, and they will be issued a  
sufficient outfit of uniform clothing.  
When all recruits are on board the  
ships will leave their respective naval  
districts and cruise for a period of four  
weeks, during which time the recruits  
will be given practical instruction in  
the duties required on board ship.

"A portion of each day will be given  
to the study of special subjects, which  
will be largely optional, so that those  
who have an aptitude for or knowledge  
of such subjects as navigation, signal-  
ing, radio work, steam or electrical en-  
gineering, etc., may have an opportu-  
nity to specialize. Boat drill will be  
given and landings made, and recruits  
will be taught the manual of arms and  
military formations.

"During the final week of the cruise  
the ships will return to the naval dis-  
tricts whence they came, and, in addi-  
tion to the courses of instruction, re-  
cruits will be given a general idea of  
their own naval district and its defen-  
sive problems. During the final week  
also residents of the district who own  
yachts or motorboats which would be  
useful as auxiliaries in time of war  
will be given an opportunity to operate  
in conjunction with the ships.

"Enrollments will be closed on June  
1, and no application will be receiv-  
ed after that date. Application blanks  
will be furnished to all who desire  
them by the navy recruiting officers  
at the various recruiting stations  
throughout the country."

## Chicory in France.

Chicory, so extensively raised in  
France, is harvested either by hand or  
by plowing. As fast as the plants in  
one line are pulled the roots are gathered  
in heaps after the removal of the  
leaves and are roughly cleaned. They  
are then transported to the factories,  
where they are mechanically washed  
in flowing water and dumped on a per-  
forated conveyor that permits them to  
drain while traveling toward the root  
cutters. The roots, when cut in small  
pieces, are conveyed to the malt kilns  
or special driers, where they remain  
thirty-six hours or more, and after  
cooling they are bagged. The chicory,  
having now become friable, passes into  
a series of crushers. After each crush-  
ing the broken material is passed  
through sifters that divide it into four  
grades. From the crushers the chicory  
goes to the roasting retorts and then  
receives a final manipulation, that of  
tinting, which consists in giving the  
grains a coating of impalpable chicory  
dust. The last operation is that of  
packing the chicory, either by hand or  
by machinery.—Argonaut.

## Double Action Waterfall.

There are a good many salt water  
cascades in existence. They may be  
found in Norway, southern Chile and  
British Columbia, where narrow fjords,  
or arms of the sea, are obstructed by  
barriers of rock. The rising tide flows  
over the filters through such reefs into  
the great natural reservoirs beyond,  
but the water is held back at the ebb  
until it breaks over the obstruction in  
an irresistible torrent. Most curious  
of all is the waterfall at Canoe pas-  
sage, where the island of Vancouver  
approaches the British Columbia main-  
land. Here the floodtide from the gulf  
of Georgia to the southward is held  
back at a narrow cleft between two  
islands until it pours over in a boiling  
cascade eighteen feet high with per-  
haps double the volume of the Rhine.  
At the turn of the tide, however, the  
waters from the north rush back into  
the gulf, producing a cascade of equal  
height and volume. The waterfall ac-  
tually flows both ways.—Baltimore Sun.

## Wet Weather and Camels.

Camels are very sensitive to mois-  
ture. In the region of tropical rains  
they are usually absent, and if they  
come into such with caravans the re-  
sults of the rainy season are greatly  
feared. The great humidity of the air  
explains the absence of the camel from  
the northern slopes of the Atlas and  
from well wooded Abyssinia. This  
sensitiveness expresses itself in the  
character of different races. The finest,  
most noble looking camels, with  
short silky hair, are found in the  
interior of deserts, as in the Tuareg  
region in north Africa, and they can-  
not be used for journeys to moist re-  
gions. Even in Fezzan, south of Tripoli,  
the animals are shorter and fatter,  
with long coarse hair, and in Nile  
lands and on coasts it is the same.  
These animals, too, are less serviceable  
as regards speed and endurance.

## British Red Tape.

An English officer who had been,  
through mistake, reported "killed in  
action," on his return from the front  
went to his bank to cash one of his  
checks. The clerk at the counter, in-  
stead of asking the welcome question,  
"How will you take it?" looked doubt-  
ful and puzzled, stared at the soldier  
and finally hurried away to seek ad-  
vice elsewhere. He presently returned  
with the news that the check could not  
be cashed. "But you know me, and  
that is my signature!" exclaimed the  
astonished officer. "M—yes," said the  
clerk hesitatingly, "but the fact is, sir,  
that you're—you're dead, you see, and  
I'm told we shall require you to give  
proof to the contrary before we can  
pay the money."

## The Eyes of the Musk Ox.

The skull of the bull musk ox is re-  
markable for the development of the  
eye orbits, which project sufficiently  
beyond the plane of the frontal bones  
to compensate for the interruption the  
horns would otherwise make in the  
range of vision. The musk ox, how-  
ever, does not seem to rely greatly on  
keenness of sight, far less on acuteness  
of hearing, for the ears are of small  
dimensions and are completely covered  
by the heavy growth of fur about them.  
The organs of sight are evidently more  
highly developed, and they exact of the  
hunter his greatest cunning.

## Mind Reading.

"Do you think there is any such  
thing as mind reading?" asked the em-  
inent diplomat.  
"Oh, yes!" replied Miss Cayenne. "If  
I pay very close attention to what you  
say and analyze it carefully I often  
fancy I get a glimpse of what you are  
thinking about."—Washington Star.

## Growing Up.

Percy Poodles—Congratulate me.  
I'm engaged to Molly Miltrox. Ain't  
I the lucky dog?  
Polly Pickles—You certainly must be.  
But how time does fly! It seems but  
yesterday I heard her father speak of  
you as a puppy.—New York Globe.

## So He Does.

"Pa, what is a detective?"  
"A detective, my son, is a man who  
pokes his nose into other people's af-  
fairs while minding his own business."

## Modern Affliction.

"Doctor, what shall I do to stop this  
constant ringing in my ears?"  
"Better have your telephone taken  
out."—Baltimore American.

## Further Information Wanted.

Trump—Kind sir, will you please  
help me in my extremity? Gentleman  
—What's your trouble, baldness or  
corns?—Boston Transcript.

## A Hungarian Barabazon.

All that is most vital and interesting  
in present day Hungarian art is di-  
rectly or indirectly traceable to the ac-  
tivities set in motion at Nagyanya, a  
beautifully situated little town in east-  
ern Hungary. Here, under the inspir-  
ing leadership of Simon Hollósy, a  
group of the most progressive artists  
were united by kindred aims. They re-  
affirmed the gospel of light and air tri-  
umphantly enunciated by Monet and  
Manet; they introduced into Hungarian  
art a fresh and vigorous note of real-  
ism that liberated personal and racial  
traits of character. "Nagyanya be-  
came the Hungarian Barabazon in the  
sense that here art returned to nature  
and was purified." With this return to  
nature came a revival of interest in  
their long neglected peasant art, and  
thenceforth naturalism developed hand  
in hand with a marked tendency to-  
ward decoration that found its inspira-  
tion in the oldest traditions of the race.  
After many and diverse wanderings  
Hungarian art came back to its own  
and was rejuvenated.—J. Nilson Laur-  
vik in Century.

## Her Suggestion.

In the American Magazine a woman  
tells of a suggestion she made as the  
result of a butcher's indifference.  
"I don't wish to complain about  
your service," she stated to the man-  
ager, "but I should like to tell you how  
to improve it—at least in my town."  
The manager smiled in a wearied  
sort of way and resignedly asked,  
"Well?"

"Tell your butcher at Blank to ex-  
tend the same courtesies to a woman  
who makes a twenty cent purchase of  
pork chops that he does to one who  
buys a two dollar leg of lamb. Your  
man is a good butcher, but he is hurt-  
ling trade by humiliating your poorer  
customers. His method of obtaining  
big sales will result in no sales."

The manager, to her surprise, jump-  
ed up and grasped her by the hand.  
"Thank you," he said, "for the sanest  
criticism that has come to me for  
years." And he gave her a good job  
then and there.

## Birds as Oracles.

A most remarkable superstition of  
the Kenyahs of Borneo is the consulta-  
tion of birds. If, for example, a Ken-  
yah has to undertake a long journey  
he will not risk it without having first  
consulted the "hakki," a kind of hawk.  
If the hawk flies with its wings spread  
out to the right side it is a good sign,  
as if it goes to the left or flaps its  
wings then the journey is not begun in  
any circumstances. The next day the  
Kenyah tries once more until the hawk  
gives the sign which he wants. Thus  
the continuation of the journey de-  
pends on the flight of the birds. Some  
birds are of greater importance than  
others, and also to the singing of the  
birds attention is given. Other animals  
are also consulted, and the sea Dyaks  
call every animal a "bird" when they  
consult it.

## Phonograph Records.

Phonograph records are made by the  
cutting of lines in wax, from which a  
matrix is then formed for the manu-  
facture of the records for use. Edison  
found that this matrix could be made  
by gold plating the wax impression  
and backing up the film of gold with  
copper. A special wax is used, made  
of stearin and paraffin, and when the  
record is originally made on the wax  
it is electrotyped with copper and  
nickel to give it a hard wearing sur-  
face. The actual records used on the  
phonographs are made from the ma-  
trix of shellac, wood charcoal, barium  
sulphate and earth coloring matters;  
the matrix is heated and placed in the  
warm plastic material, where it is  
pressed and cooled. Records are made  
by the various phonograph manufac-  
turers.

## One of Garrick's Reforms.

It was Garrick who first struck a  
blow at the custom of allowing mem-  
bers of the audience upon the stage, a  
practice which at Lincoln's Inn the-  
ater, in London, in 1721, led to a most  
dangerous disturbance, only quelled by  
calling out the military. In October,  
1747, a Drury Lane playbill had the  
following appended notice: "As the ad-  
mittance of persons behind the scenes  
has occasioned a general complaint, on  
account of the frequent interruption in  
the performance, it is hoped that gen-  
tlemen won't be offended that no mon-  
ey will be taken there for the future."

## Matrimonial Considerations.

"Why do you object to my marrying  
your daughter?"  
"Because you can't support her in  
the style to which she has been ac-  
customed all her life."  
"How do you know I can't? I can  
start her on bread and milk, same as  
you did."—Chicago News.

## Real Troubles.

"Does it require great mental effort  
to be a photographer?"  
"Yes, indeed," replied Mr. Snappum.  
"You have to sit up nights learning  
funny stories to tell customers in or-  
der to make 'em smile and look nat-  
ural."—Chicago News.

## Paradox.

"There is only one way that people  
can live happily—that's together."  
"Yes, and there is only one way that  
people can live at peace—and that's  
apart."—Judge.

## Dad's Reason.

"Your father refused his consent."  
"He did. Did he give any reason?"  
"Only that he insists on selecting  
his own son-in-law."—Detroit Free  
Press.

He that lives for gold sees every-  
thing yellow.—Japanese Maxim.

## Mountain Trees.

Some interesting facts relating to  
mountain trees are given by Enos A.  
Mills in his "Rocky Mountain Wonder-  
land." He says:

"A few timber line trees live a thou-  
sand years, but half this time is a ripe  
old age for most of the timber line vet-  
erans. The age of these trees cannot  
be judged by their size or by their gen-  
eral appearance. There may be centu-  
ries of difference in the ages of two  
arm in arm trees of similar size. I  
examined two trees that were growing  
within a few yards of each other in the  
shelter of a crag. One was fourteen  
feet high and sixteen inches in diam-  
eter and had 337 annual rings. The  
other was seven feet high and five  
inches in diameter and had lived 492  
years.

"One day by the sunny and sheltered  
side of a boulder I found a tiny seed  
bearer at an altitude of 11,800 feet.  
How splendidly unconscious it was of  
its size and its utterly wild surround-  
ings! This brave pine bore a dainty  
cone, yet a drinking glass would have  
completely housed both the tree and its  
fruit."

## Origin of the Letter V.

The letter V may be regarded as the  
mutilated remains of one of the sym-  
bols used by the ancient Egyptians in  
their hieroglyphics or picture writing.  
A common animal in their country was  
the two horned sandviper, a represen-  
tation of which stood for V. The priests  
ultimately found that for the practical  
purposes of everyday life it was a  
waste of time to use elaborate hiero-  
glyphics and invented a kind of short-  
hand to meet the occasion. In this the  
snake was reduced to a V with a dash  
(V—) to represent horns and body.  
The Phoenicians adopted this letter,  
and from them we get our V by loss of  
the dash, leaving only the two little  
horns of the original picture. This  
snake is still common in Egypt and is  
probably the one mentioned in Genesis  
xlix, 17. "Dan shall be a serpent by the  
way, an adder in the path, that biteth  
the horse heels, so that his rider shall  
fall backward." Travelers tell us that  
it is still addicted to this unpleasant  
habit.

## Music of the Church.

Nothing is plainer than the seemingly  
hopeless decadence of the music of the  
church as compared with modern pos-  
sibilities and realities of musical art to-  
day. It is now some 200 years since  
the spirit of music left the church—  
since the church could hold and spiri-  
tually feed a great composer as it had  
done in the preceding centuries. The  
spirit of music, emancipated from the  
materialistic and puritanical influences  
which overtook established religion,  
brought forth the great modern art of  
music, with Beethoven as its leader,  
says Musical America. What has hap-  
pened to that art at the hands of com-  
posers less lofty and less spiritually  
minded than he the world knows only  
too well, especially of late. The di-  
vorce has become almost complete.  
Not only has music, in its greatest pow-  
ers, forsaken the forms of the church;  
latterly it has departed from spiritual  
vision and aspiration within its own  
artistic province.

## Factors That Determine Salaries.

In the Woman's Home Companion a  
successful business man says that sal-  
aries are fixed by the amount and qual-  
ity of work that a man can deliver.  
"Pull," in his opinion, is a negligible  
factor in the business world.  
"And that applies to the man who is  
getting \$30,000 a year just as truly as  
it does to the man who is getting \$30 a  
month. The only way that I can be  
paid more money than I am getting is  
by delivering more work to my com-  
pany than I am now delivering or by  
showing my company how to save  
more money and so have a larger profit  
at the end of the year."

## Wax Matches.

Wax matches, so called, are made by  
drawing strands of fine cotton thread,  
twenty or thirty at a time, through  
melted stearin with a small admixture  
of paraffin. The wax hardens quickly  
upon the threads, and the long tap-  
ers thus produced are smoothed and  
rounded by pulling them through iron  
plates perforated with holes of the de-  
sired size. Finally the tapers are cut  
into match lengths and dipped.

## Social Distinctions.

"What train do you take coming into  
town in the morning?"  
"I used to take the Pinochle express  
at 7:44, but since I became a member  
of the firm I've been traveling on the  
Bridge Whist limited, which leaves at  
8:23."—St. Louis Post-Dispatch.

## Sailing Orders.

"What's that sheet there?" asked the  
sick sailor.  
"That," explained the nurse, "is your  
chart."  
"So? Well, what's the next port I  
make after quinine? I don't like that  
stop."—Kansas City Journal.

## Madeira.

Conchologists hold that the finding  
of certain land snails on the island of  
Madeira, known to exist or to have  
affinities in no other place in the world  
except Europe, is sufficient proof that  
Madeira was at one time connected  
with the mainland.

## Highly Recommended.

Replying to yours of the 10th inst.  
asking for information about one John  
Mullen, beg to state that I can say  
nothing to discredit of same, to his  
credit even less.—New York Post.

Character is to wear forever. Who  
will wonder or grudge that it cannot  
be developed in a day?—Henry Drum-  
mond.

## Hearing but Not Listening.

In the course of a visit to Nagpur,  
the capital of the central provinces, writes  
Mr. Stanley Coxon in his Indian remi-  
niscences, I heard of an amusing ap-  
pealing to a civil case. It was an appeal  
case, and on one side was a Mr. Stan-  
yon, an English barrister, and on the  
other a number of native pleaders.  
The arguments on both sides had been  
heard, and the case closed for judg-  
ment.

Suddenly one of the native pleaders  
got up and addressed the court once  
more. Mr. Stanyon suffered it for some  
time; but, losing patience, he also stood  
up and, addressing the court, said,  
"Your honor, I would beg with all re-  
spect to point out to the court that my  
learned friend opposite is entirely out  
of order in addressing the court, and if  
I may be permitted to say so the court  
has no right to be listening to him."

The court, who at that time was  
writing, put his head over the desk  
and said, "Mr. Stanyon, it's a great  
piece of impertinence on your part to  
assume that the court is listening to  
him."

## Moving Picture Shows.

An observer says the reason that all  
classes like motion picture plays is  
that each person puts into the mouths  
of the silent actors the exclamations,  
words and lines that he himself would  
use under like circumstances.

Incidents and situations are flashed  
on the screen, but the spectator tells  
the unspoken story to himself, and  
there is no possibility of artificial,  
strained or incomprehensible dialogue.  
What the spectator imagines is the  
thing that is natural to him. To one  
who watches Hamlet with Yorick's  
skull the words of the play may come,  
"Imperious Caesar, dead and turned to  
clay, might stop a hole to keep the  
wind away." To another's imagination  
Hamlet says, "Well, we all gotta come  
to it."

Could explanation be simpler, yet  
more profoundly true?—Richmond  
Times-Dispatch.

## The Early Circus.

Leaving out of count the great cir-  
cuses of Rome and Antioch and com-  
ing down to something of modern  
times, the first circus in England was  
on a footpath known as Halfpenny  
Hatch, in the Waterloo road, London.  
There, in 1770, Astley's first perfor-  
mance was given, with the aid of a  
drum, two fives and one clown. A  
charge of sixpence was made for the  
front standing places. There was no  
building and not even a tent, but mere-  
ly a ring of ropes and stakes. Primi-  
tive as were the arrangements, Astley  
soon attracted good audiences and was  
able to add to his program conjuring,  
transparencies, vaulting and tumbling,  
with displays of fireworks. In course  
of time he was able to hire an inclosed  
ground and erected seats under a sub-  
stantial roof. He called the place Ast-  
ley's amphitheater riding house.

## Women and Golf in Olden Days.

Clark, in his "Golf, a Royal and An-  
cient Game," printed a few decades  
ago, recounts how strangers at the old  
St. Andrews course abroad were given  
a trial on the famous holes, and if they  
proved to be of the tribe of turf dig-  
gers and sand lifters they were igno-  
miniously thrust into the outer dark-  
ness of the "women's green." The ac-  
commodations accorded to women in  
the old days were in the nature of a  
sop to Cerebus, merely to keep them  
quiet and satisfied while the men in-  
dulged in the more serious pursuit of  
a serious business with a better equip-  
ment on a finer course. In the annals  
of one old golf club it is recorded that  
since a certain green was habitually  
flooded and generally useless it was  
recommended that a new hole be built  
in its place and the old green given  
over to the women.

## The Sleep of Seeds.

Oats, corn, fennel and some flower  
seeds were exposed during 118 days  
to a temperature of 40 degrees F. be-  
low zero. Afterward, when placed in  
suitable surroundings, nearly all of the  
fennel, oat and corn seeds and many  
of the others germinated. It is con-  
cluded that the protoplasm, or the prin-  
ciple of life, in a resting seed is in a  
state of inaction not comparable to that  
of a smoldering fire, but rather like  
that of a chemical mixture which is  
capable of forming a combination  
whenever the required conditions of  
temperature and illumination are pres-  
ent.

## How She Was Named.

A little colored girl, a newcomer in  
Sunday school, gave her name to the  
teacher as "Fertilizer Johnson." Later  
the teacher asked the child's mother  
if that was right.

"Yes, ma'am, dat's her name," said  
the fond parent. "You see, she was  
named for me and her father. Her fa-  
ther's name am Ferdinand, and my  
name is Liza. So we named her Fer-  
tilizer."—Boston Transcript.

## Copper Came From Cyprus.

The word copper is generally admit-  
ted to be derived from Cyprus, as it  
was from that island that the ancient  
Romans first procured their supplies.  
In those remote days Cyprus and  
Rhodes were the great copper produc-  
ing districts.

## Two Tests.

The test of a lover is not how many  
he has loved, but how well; the test of  
a philanthropist is not how well he has  
loved, but how many.—Alice Well-  
ington Rollins.

## No Breach of Confidence.

"Say, what do you mean by telling  
Jones that I was a blockhead?"  
"Why, it isn't a secret, is it?"—Bos-  
ton Transcript.

## A Curious Ball Game.

Theodore Roosevelt, writing in Scrib-  
ner's of his Brazilian journeys, de-  
scribes a curious game of ball played  
by the Parecis Indians, in which the  
head alone is used.

"There are, of course," he writes, "no  
such rules as in a game among civil-  
ized men, and I saw no disputes.  
There may be eight or ten or many  
more players on each side. The ball is  
never touched with hands or feet or  
with anything except the top of the  
head. It is hard to decide whether to  
wonder most at the strength and dex-  
terity with which it is hit or batted  
with the head as it comes down through  
the air or at the reckless speed and  
skill with which the players throw  
themselves headlong on the ground to  
return the ball if it comes low down."

"Why do they not grind off their  
noses I cannot imagine. Some of the  
players scarcely ever failed to catch  
and return the ball if it came in their  
neighborhood and with such a vigorous  
toss of the head that it often flew in a  
great curve for a really astonishing dis-  
tance."

## Clever Reasoning.

Rather an original lesson in political  
economy was that once taught by the  
Japanese nobleman Awoto and thus  
translated by Sir Edwin Arnold in  
"Seas and Lands."

One evening as he was going to the  
palace to take his turn in keeping the  
night watch he let 10 cash drop out of  
his tinder case into the stream and  
then bought 50 cash worth of torches  
to search for the lost coin. His friends  
laughed at him for spending so much  
in order to recover so little, and he re-  
plied, with a frown:

"Sirs, you are foolish and ignorant of  
economics. Had I not sought for these  
10 cash they would have been lost for-  
ever—sunk in the bottom of the Nami-  
erigawa. The 50 cash which I have  
expended on torches will remain in the  
hands of the tradesman. Whether he  
has them or I is no matter, but not a  
single one of the sixty has been lost,  
and that is a clear gain to the country."

## Watch Your Shoulders.

When standing before a looking glass  
notice if your shoulders are the same  
height. Generally the right is higher  
than the left. The reason for this un-  
evenness lies in the way one sits. You  
get into a comfortable chair at your  
desk, and at once you rest your right  
elbow on the arm of your chair or  
your desk, thus throwing one shoulder  
higher than the other. This is especial-  
ly the case where one writes a great  
deal. When you notice that one shoul-  
der is higher than the other the thing  
to do is to change your way of sitting  
at your desk. Two simple exercises  
will be beneficial. The arm of the lower  
shoulder should be extended up-  
ward, the hand grasping a dumbbell.  
That of the higher shoulder should be  
lowered and made to support a heavy  
weight.

## Madagascar.

The great island of Madagascar, in  
the Indian ocean, lying off the east  
coast of Africa, was officially recogniz-  
ed as a French colony in 1896 after a  
war of occupation. The majority of  
the natives are not Africans, the Ma-  
layan element predominating in their  
greatly mixed blood. Of the total pop-  
ulation of more than 2,500,000 by the  
last census, the Hovas, the dominant  
race, numbered about 850,000, and they  
are regarded as belonging to the Ma-  
layan stock.

The Sakalavas, whose negro affini-  
ties are strongly pronounced, rank next  
in numbers, and besides other indig-  
enous races there are many persons of  
Arab and Indian descent. The seat of  
the government is at Tananariva,  
which has a population of about 60,000.

## Nature the Healer.

The influence of the forms and ac-  
tions in nature is so needful to man  
that in its lowest functions it seems to  
lie on the confines of commodity and  
beauty. To the body and mind which  
have been cramped by noxious work or  
company nature is medicinal and re-